JOURNAL OF BODYWORK AND MOVEMENT THERAPIES

Official journal of:
• The Association of Neuromuscular Therapists
• The Australian Pilates Method Association
• The National Association of Myofascial Trigger Point Therapists, USA
• The Pilates Foundation (UK)
• Hands On Seminars, USA
• The Fascia Research Society, USA

TABLE OF CONTENTS

• Description p.1
• Abstracting and Indexing p.2
• Editorial Board p.2
• Guide for Authors p.4

DESCRIPTION

The Journal of Bodywork and Movement Therapies is a peer-reviewed journal that brings you the latest therapeutic techniques and current professional debate.

Publishing highly illustrated articles on a wide range of subjects this journal is immediately relevant to everyday clinical practice in private, community and primary health care settings.

Techniques featured include:

• Physical Therapy
• Osteopathy
• Chiropractic
• Massage Therapy
• Structural Integration
• Feldenkrais
• Yoga Therapy
• Dance
• Physiotherapy
• Pilates
• Alexander Technique
• Shiatsu and Tuina
• Occupational Therapy
• Tai Chi / Qi Gong
• Cranial Therapy
• Neuromuscular Therapy
• Lymph Drainage
• Sports Therapy
• Applied Kinesiology
ABSTRACTING AND INDEXING

Scopus
CINAHL
Neuroscience Abstracts
Embase
Cambridge Scientific Abstracts
Cochrane Center
Calcium and Calcified Tissue
MANTIS
CHID(AM
PubMed/Medline

EDITORIAL BOARD

Editor-in-Chief
Jerrilyn A. Cambron, National University of Health Sciences, Lombard, Illinois, United States

Associate Editor: Emeritus
Glenn Hymel, Loyola University New Orleans, New Orleans, Louisiana, United States

Associate Editors - Prevention and Rehabilitation
Craig Liebenson, LA Sports and Spine, Los Angeles, California, United States
Warrick McNeill, Physioworks London, London, United Kingdom
Matt Wallden, London, UK

Associate Editor: Myofascial Pain & Treatment
Jan Dommerholt, Bethesda Physiocare, Bethesda, Maryland, United States

Associate Editor: Diagnostic Methods
Dimitrios Kostopoulos, Hands-on-Physical Therapy, Astoria, New York, United States

Associate Editor: Fascia Science & Clinical Applications
Thomas Myers, Walpole, ME
John Sharkey, Dublin, Ireland

Assistant to Editor-in-Chief
Yuri Korvatko, National University of Health Sciences, Lombard, Illinois, United States

International Advisory Board
C. Bron, Nijmegen, Netherlands
J Carleton
IB Castellarin
S. Chappelle
Z. Comeaux, Lewisburg, West Virginia, United States
P. Davies
JP DeLany, Palm Beach Gardens, Florida, United States
J. Downes
C. Fernandez de las Pexas, Madrid, Spain
T. Field, Miami, Florida, United States
P Finch, Kitchener, Ontario, Canada
S. Fritz, Lapeer, Michigan, United States
G. Fryer, Melbourne, Australia
C. Gilbert, San Francisco, California, United States
C. H. Goldsmith, Hamilton, Ontario, Canada
S. Gracovetsky, Montréal, Quebec, Canada
R Grieve
R Harter
P. Hodges, Brisbane, Queensland, Australia
S Hunter, Austin, Texas, United States
B. Ingram-Rice, Punta Gorda, Florida, United States
S Ismail, London, United Kingdom
S Jarrett
J. Kahn, Burlington, Vermont, United States
L Kalichman, Be’er Sheva, Israel
B Kleinberg, London, United Kingdom
R. Lardner
E. Lederman, London, United Kingdom
W. W. Lowe, Sisters, Oregon, United States
J. McEvoy, Aberdeen, United Kingdom
MC McGrath
L. McLaughlin, Hamilton, Ontario, Canada
C. McMakin, Tigard, Oregon, United States
C Medeiros, Fort Lauderdale, Florida, United States
G Moriello, Troy, New York, United States
C. Moyer, Denver, Colorado, United States
D. R. Murphy, Pawtucket, Rhode Island, United States
T. Myers
C. Norris, Congleton, United Kingdom
B O'Neill, Philadelphia, Pennsylvania, United States
N. Osborne, Poole, United Kingdom
J. L. Oschman, Dover, New Hampshire, United States
D. Peters, London, United Kingdom
MS Plumb, Oxford, United Kingdom
M M Reinold, Boston, Massachusetts, United States
G. Rich, Juneau, Alaska, United States
K Rolfe, London, United Kingdom
C Rosenholtz, Boulder, Colorado, United States
J Sager, London, United Kingdom
A Salmon
R. Schleip, Berlin, Germany
S Scott, Castle Cary, United Kingdom
C Skitt
R. Stanborough
M Stefanakis, Nicosia, Cyprus
D. Thompson, Seattle, Washington, United States
C. Traole, London, United Kingdom
P. W. Tunnell
M Wallden
L White
E. Wilson, York, United Kingdom
GUIDE FOR AUTHORS

The Journal of Bodywork and Movement Therapies brings you the latest therapeutic techniques and current professional debate. Publishing highly illustrated articles on a wide range of subjects this journal is immediately relevant to everyday clinical practice in private, community and primary health care settings.

Aims and Scope
Please see this page for detailed information: https://www.bodyworkmovementtherapies.com/content/aims

Presentation of typescripts
Your article should be double spaced with a margin of at least 3cm.

Papers should be set out as follows, with each section beginning on a separate sheet: title page, abstract, text, acknowledgements, references, tables, and captions to illustrations.

You should give a maximum of four degrees/qualifications for each author and the current relevant appointment.

The abstract should be structured and no more than 250 words in length. It should follow the appropriate structure for your study type (eg. Randomized Controlled Trial; Systematic Review, etc) as laid out in the scientific reporting guidelines on https://www.equator-network.org/. If in doubt, use the generic structure: Introduction; Method; Results; Discussion; Conclusion.

Contact details for submission

Text
Headings should be appropriate to the nature of the paper. The use of headings enhances readability. Three categories of headings should be used:

• major ones should be typed in capital letters in the centre of the page and underlined
• secondary ones should be typed in lower case (with an initial capital letter) in the left hand margin and underlined
• minor ones typed in lower case and italicised

Do not use 'he', 'his', etc. where the sex of the person is unknown; say 'the patient', etc. Avoid inelegant alternatives such as 'he/she'. Avoid sexist language.

Avoid the use of first person ('I' statements) and second person ('you' statements). Third person, objective reporting is appropriate. In the case of reporting an opinion statement or one that cannot be referenced, the rare use of 'In the author's opinion?' or 'In the author's experience?.' might be appropriate. If in doubt, ask the editor or associate editor for assistance.

Acronyms used within the text are spelled out at the first location of usage and used as the acronym thereafter. For example, 'The location of a central trigger point (CTrP) is central to a taut fiber. The CTrP is palpated by......'

Single quotation are used to express a quote marks (Matthews (1989) suggests, 'The best type of?') while double quotation marks are used for a quote within a quote or to emphasise a word within a quote.

Promotion of self, seminars or products is inappropriate. Reference to a particular product as it applies to the discussion, particularly where valid research of the product or comparison of products is concerned, can be included as long as a non-promotional manner is used.

Structure
We expect authors to follow the scientific reporting guidelines for their study type, as found on https://www.equator-network.org/. Editors and reviewers will look for evidence of their use in submitted manuscripts. This will affect editorial decisions.

All full-length submissions should include a final section entitled "Clinical Relevance". This should contain between 2-5 bullet points highlighting the immediate usefulness and/or implications of the study's findings for clinicians. Submissions that omit this feature will be returned for correction.
Illustrations
The journal is fully illustrated throughout. Please give consideration at an early stage of writing your paper to the illustrations which will enhance and develop the text. It is the author's responsibility to provide all the illustrations for the paper. However, following discussion with the Editor, Journal of Bodywork & Movement Therapies may undertake (at no expense to the author) redrawing from supplied references figures. Additionally Journal of Bodywork & Movement Therapies has access, at no cost to the author, to illustrations appearing elsewhere in Elsevier imprint books and journals. Full source files should be supplied at submission. Label each figure with a figure number corresponding to the order it appears within the article (i.e., Figure 1, Figure 2). Ensure that each illustration is cited within the text (‘see Figure 1’) and that a caption is provided.

Reference style
The accuracy of references is the responsibility of the author. This includes not only the correct contextual use of the material, but also the citation itself. In the text your reference should state the author's surname and the year of publication (Smith 1989); if there are two authors you should give both surnames (Smith & Black 1989). When a source has more than two authors, give the name of the first author followed by 'et al'. (Smith et al 1989). No commas are used between the name and date. It is important to verify the correct and full title, the full authorship, and all other reference details with the original source (book, journal, etc.,) or through a service, such as Medline or ScienceDirect.

A list of all references in your manuscript should be typed in alphabetical order, double spaced on a separate sheet of paper. Each reference to a paper needs to include the author's surname and initials, year of publication, full title of the paper, full name of the journal, volume number and first and last page numbers. The names of multiple authors are separated by a comma with each appearing as surname followed by initials. The date is placed after the author's name(s), not at the end of the citation.

Here are examples:

References to books should be in a slightly different form:
Hicks CM 1995 Research for Physiotherapists. Churchill Livingstone, Edinburgh
When citing a paper that has a digital object identifier (doi) please use the following style:


Page charges
This journal has no page charges.

BEFORE YOU BEGIN

Ethics in publishing
Please see our information pages on Ethics in publishing and Ethical guidelines for journal publication.

Studies in humans and animals
If the work involves the use of human subjects, the author should ensure that the work described has been carried out in accordance with The Code of Ethics of the World Medical Association (Declaration of Helsinki) for experiments involving humans. The manuscript should be in line with the Recommendations for the Conduct, Reporting, Editing and Publication of Scholarly Work in Medical Journals and aim for the inclusion of representative human populations (sex, age and ethnicity) as per those recommendations. The terms sex and gender should be used correctly.

Authors should include a statement in the manuscript that informed consent was obtained for experimentation with human subjects. The privacy rights of human subjects must always be observed.
All animal experiments should comply with the ARRIVE guidelines and should be carried out in accordance with the U.K. Animals (Scientific Procedures) Act, 1986 and associated guidelines, EU Directive 2010/63/EU for animal experiments, or the National Institutes of Health guide for the care and use of Laboratory animals (NIH Publications No. 8023, revised 1978) and the authors should clearly indicate in the manuscript that such guidelines have been followed. The sex of animals must be indicated, and where appropriate, the influence (or association) of sex on the results of the study.

Declaration of interest
All authors must disclose any financial and personal relationships with other people or organizations that could inappropriately influence (bias) their work. Examples of potential competing interests include employment, consultancies, stock ownership, honoraria, paid expert testimony, patent applications/registrations, and grants or other funding. Authors must disclose any interests in two places: 1. A summary declaration of interest statement in the title page file (if double-blind) or the manuscript file (if single-blind). If there are no interests to declare then please state this: 'Declarations of interest: none'. This summary statement will be ultimately published if the article is accepted. 2. Detailed disclosures as part of a separate Declaration of Interest form, which forms part of the journal's official records. It is important for potential interests to be declared in both places and that the information matches. More information.

If publication is an academic requirement of the author's institution, this should be stated in the Conflict of Interest statement and in the Cover Letter.

Submission declaration
Submission of an article implies that the work described has not been published previously (except in the form of an abstract, a published lecture or academic thesis, see 'Multiple, redundant or concurrent publication' for more information), that it is not under consideration for publication elsewhere, that its publication is approved by all authors and tacitly or explicitly by the responsible authorities where the work was carried out, and that, if accepted, it will not be published elsewhere in the same form, in English or in any other language, including electronically without the written consent of the copyright-holder.

Preprints
Please note that preprints can be shared anywhere at any time, in line with Elsevier's sharing policy. Sharing your preprints e.g. on a preprint server will not count as prior publication (see 'Multiple, redundant or concurrent publication' for more information).

Use of inclusive language
Inclusive language acknowledges diversity, conveys respect to all people, is sensitive to differences, and promotes equal opportunities. Articles should make no assumptions about the beliefs or commitments of any reader, should contain nothing which might imply that one individual is superior to another on the grounds of race, sex, culture or any other characteristic, and should use inclusive language throughout. Authors should ensure that writing is free from bias, for instance by using 'he or she', 'his/her' instead of 'he' or 'his', and by making use of job titles that are free of stereotyping (e.g. 'chairperson' instead of 'chairman' and 'flight attendant' instead of 'stewardess').

Author contributions
For transparency, we encourage authors to submit an author statement file outlining their individual contributions to the paper using the relevant CRediT roles: Conceptualization; Data curation; Formal analysis; Funding acquisition; Investigation; Methodology; Project administration; Resources; Software; Supervision; Validation; Visualization; Roles/Writing - original draft; Writing - review & editing. Authorship statements should be formatted with the names of authors first and CRediT role(s) following. More details and an example

Changes to authorship
Authors are expected to consider carefully the list and order of authors before submitting their manuscript and provide the definitive list of authors at the time of the original submission. Any addition, deletion or rearrangement of author names in the authorship list should be made only before the manuscript has been accepted and only if approved by the journal Editor. To request such a change, the Editor must receive the following from the corresponding author: (a) the reason for the change in author list and (b) written confirmation (e-mail, letter) from all authors that they agree with the addition, removal or rearrangement. In the case of addition or removal of authors, this includes confirmation from the author being added or removed.
Only in exceptional circumstances will the Editor consider the addition, deletion or rearrangement of authors after the manuscript has been accepted. While the Editor considers the request, publication of the manuscript will be suspended. If the manuscript has already been published in an online issue, any requests approved by the Editor will result in a corrigendum.

Copyright
Upon acceptance of an article, authors will be asked to complete a 'Journal Publishing Agreement' (see more information on this). An e-mail will be sent to the corresponding author confirming receipt of the manuscript together with a 'Journal Publishing Agreement' form or a link to the online version of this agreement.

Subscribers may reproduce tables of contents or prepare lists of articles including abstracts for internal circulation within their institutions. Permission of the Publisher is required for resale or distribution outside the institution and for all other derivative works, including compilations and translations. If excerpts from other copyrighted works are included, the author(s) must obtain written permission from the copyright owners and credit the source(s) in the article. Elsevier has preprinted forms for use by authors in these cases.

For gold open access articles: Upon acceptance of an article, authors will be asked to complete an 'Exclusive License Agreement' (more information). Permitted third party reuse of gold open access articles is determined by the author's choice of user license.

Author rights
As an author you (or your employer or institution) have certain rights to reuse your work. More information.

Elsevier supports responsible sharing
Find out how you can share your research published in Elsevier journals.

Role of the funding source
You are requested to identify who provided financial support for the conduct of the research and/or preparation of the article and to briefly describe the role of the sponsor(s), if any, in study design; in the collection, analysis and interpretation of data; in the writing of the report; and in the decision to submit the article for publication. If the funding source(s) had no such involvement then this should be stated.

Open access
Please visit our Open Access page for more information.

Language (usage and editing services)
Please write your text in good English (American or British usage is accepted, but not a mixture of these). Authors who feel their English language manuscript may require editing to eliminate possible grammatical or spelling errors and to conform to correct scientific English may wish to use the English Language Editing service available from Elsevier's Author Services.

Informed consent and patient details
Studies on patients or volunteers require ethics committee approval and informed consent, which should be documented in the paper. Appropriate consents, permissions and releases must be obtained where an author wishes to include case details or other personal information or images of patients and any other individuals in an Elsevier publication. Written consents must be retained by the author but copies should not be provided to the journal. Only if specifically requested by the journal in exceptional circumstances (for example if a legal issue arises) the author must provide copies of the consents or evidence that such consents have been obtained. For more information, please review the Elsevier Policy on the Use of Images or Personal Information of Patients or other Individuals. Unless you have written permission from the patient (or, where applicable, the next of kin), the personal details of any patient included in any part of the article and in any supplementary materials (including all illustrations and videos) must be removed before submission.
Submission
Our online submission system guides you stepwise through the process of entering your article details and uploading your files. The system converts your article files to a single PDF file used in the peer-review process. Editable files (e.g., Word, LaTeX) are required to typeset your article for final publication. All correspondence, including notification of the Editor's decision and requests for revision, is sent by e-mail.

Please submit your article here

Highlights
Highlights are optional yet highly encouraged for this journal, as they increase the discoverability of your article via search engines. They consist of a short collection of bullet points that capture the novel results of your research as well as new methods that were used during the study (if any). Please have a look at the examples here: example Highlights.

Highlights should be submitted in a separate editable file in the online submission system. Please use 'Highlights' in the file name and include 3 to 5 bullet points (maximum 85 characters, including spaces, per bullet point).

Formatting of funding sources
List funding sources in this standard way to facilitate compliance to funder's requirements:

Funding: This work was supported by the National Institutes of Health [grant numbers xxxx, yyyy]; the Bill & Melinda Gates Foundation, Seattle, WA [grant number zzzz]; and the United States Institutes of Peace [grant number aaaa].

It is not necessary to include detailed descriptions on the program or type of grants and awards. When funding is from a block grant or other resources available to a university, college, or other research institution, submit the name of the institute or organization that provided the funding.

If no funding has been provided for the research, please include the following sentence:

This research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

Data references
This journal encourages you to cite underlying or relevant datasets in your manuscript by citing them in your text and including a data reference in your Reference List. Data references should include the following elements: author name(s), dataset title, data repository, version (where available), year, and global persistent identifier. Add [dataset] immediately before the reference so we can properly identify it as a data reference. The [dataset] identifier will not appear in your published article.

Reference management software
Most Elsevier journals have their reference template available in many of the most popular reference management software products. These include all products that support Citation Style Language styles, such as Mendeley. Using citation plug-ins from these products, authors only need to select the appropriate journal template when preparing their article, after which citations and bibliographies will be automatically formatted in the journal's style. If no template is yet available for this journal, please follow the format of the sample references and citations as shown in this Guide. If you use reference management software, please ensure that you remove all field codes before submitting the electronic manuscript. More information on how to remove field codes from different reference management software.

Users of Mendeley Desktop can easily install the reference style for this journal by clicking the following link:
When preparing your manuscript, you will then be able to select this style using the Mendeley plug-ins for Microsoft Word or LibreOffice.

Data visualization
Include interactive data visualizations in your publication and let your readers interact and engage more closely with your research. Follow the instructions here to find out about available data visualization options and how to include them with your article.
AFTER ACCEPTANCE

**Online proof correction**
To ensure a fast publication process of the article, we kindly ask authors to provide us with their proof corrections within two days. Corresponding authors will receive an e-mail with a link to our online proofing system, allowing annotation and correction of proofs online. The environment is similar to MS Word: in addition to editing text, you can also comment on figures/tables and answer questions from the Copy Editor. Web-based proofing provides a faster and less error-prone process by allowing you to directly type your corrections, eliminating the potential introduction of errors.
If preferred, you can still choose to annotate and upload your edits on the PDF version. All instructions for proofing will be given in the e-mail we send to authors, including alternative methods to the online version and PDF.
We will do everything possible to get your article published quickly and accurately. Please use this proof only for checking the typesetting, editing, completeness and correctness of the text, tables and figures. Significant changes to the article as accepted for publication will only be considered at this stage with permission from the Editor. It is important to ensure that all corrections are sent back to us in one communication. Please check carefully before replying, as inclusion of any subsequent corrections cannot be guaranteed. Proofreading is solely your responsibility.

**Offprints**
The corresponding author will, at no cost, receive a customized Share Link providing 50 days free access to the final published version of the article on ScienceDirect. The Share Link can be used for sharing the article via any communication channel, including email and social media. For an extra charge, paper offprints can be ordered via the offprint order form which is sent once the article is accepted for publication. Both corresponding and co-authors may order offprints at any time via Elsevier's Author Services. Corresponding authors who have published their article gold open access do not receive a Share Link as their final published version of the article is available open access on ScienceDirect and can be shared through the article DOI link.

**AUTHOR INQUIRIES**
Visit the Elsevier Support Center to find the answers you need. Here you will find everything from Frequently Asked Questions to ways to get in touch.
You can also check the status of your submitted article or find out when your accepted article will be published.

© Copyright 2018 Elsevier | https://www.elsevier.com